

## Souper Season of Comfort, Winter 2001

### Appetizers

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#### Edamame (Green soybeans)

*Hello. Here's more fruit and vegetable news you can really enjoy. Let me tell you about a vegetable that's pretty new to most of us: it's Edamame, spelled E-D-A-M-A-M-E. They are young soybeans, and they come in a pod or shelled like peas. They are easier to digest than mature soybeans. They're also high in protein and are known to help fight cancer. You can find them in the frozen food aisle of your local market. One popular way to eat edamame is directly out of the pods as a snack. Because of their natural healthy oil content, they don't require added butter or oil. Instead, you can make their flavor pop with a simple glaze of vegetable broth, cornstarch, and soy sauce. Give them a try! So go on, do yourself a flavor and enjoy your 5 or more servings of fruits and vegetables every day.*

#### Glazed Edamame Beans

Serves 4

Provides 1 vegetable serving per person

- 2 cups shelled edamame
- ½ cup low-sodium vegetable broth
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon cornstarch

1. Cook edamame in boiling water 2 minutes. Drain.
2. Combine the broth, soy sauce, and arrowroot and bring to a boil. Stir into the cooked beans and serve.

#### Nutritional Analysis

111 calories  
3 g fat  
21% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
11 g carbohydrates  
259 mg sodium  
1 g dietary fiber